



*sacred* mama circles<sup>®</sup>  
FACILITATOR CERTIFICATION  
— *with* —  
MARIA GOLDING & SCHOOL OF INTUITIVE MOTHERHOOD

FEMININE LEADERSHIP TRAINING + CURRICULUM  
+ TRANSFORMATIONAL EVENTS

# Sacred Mama Circles Facilitator Certification

- The revolutionary 6-month system that trains you to hold powerful circles to support women in their ongoing, and often misunderstood, transition as mothers.
- Helping them with like-minded connection, skilful space-holding and well-crafted experiences to awaken, uplift and create lasting positive change.
- **Become certified in an internationally recognized modality, as a Sacred Mama Circles Facilitator.**
- Build your confidence and find your unique expression in the world as a feminine leader.
- Delivered online with many live components, Be part of a passionate and heart-centred community and a movement that is changing the face of motherhood.

*This experience is perfect for you if you've been asking "what's next?" and have a desire to find mama's like you.*

**... Motherhood is a 'rite of passage', the transition from Maiden to Wise Mama. In these modern times its being called Matrescence, likening it to the huge physical, mental, emotional, social and spiritual changes that happen during Adolescence.**

**.... This time in history we have the opportunity to heal ancestral patterns and liberate centuries of suppressed feelings of loneliness, competitiveness, unworthiness, guilt and shame ..into self-love, co-operation, compassion, wisdom and abundance - through circling with like-minded**





# Certification Overview

- Six months professional training & competency. A rich and comprehensive curriculum of knowledge, skills and processes (presented in a way that's easily digestible, eliminating overwhelm).
- Access to an online members area with nine incredible training modules that current members are raving about! (with videos, audios, and beautifully designed transcripts & play-sheets)
- Certification with the School of Intuitive Motherhood- an Internationally recognised Training Provider with The International Institute for Complimentary Therapies (IICT).
- Recognition, accreditation and eligibility for insurance through IICT – both as a trainee and certified sacred mama circles facilitator.
- Training in the scientific & spiritual principles behind a woman's transition in motherhood, alongside concepts that empower, heal, connect and uplift her.
- Training in how to structure a powerful circle, and to facilitate (and co-facilitate) experiences for individual and collective transformation.
- Be mentored by Maria & certified facilitators, learn and 'experience circle' with a heart-centred group of other trainees during your weekly live online sessions (via zoom).
- Stay connected in our Sacred Mama Circles Facilitators FB Group – a vibrant active community where you'll never feel alone.
- Lean in closer by attending our regular small-group informal Heart-pods led by some of our more experienced facilitators.
- Rise higher by accessing opportunities to deliver online mini-circles in our open FB group & collaborative circles via zoom.
- Harness the power of productivity in our regular GET STUFF DONE TOGETHER SESSIONS.
- Be supported to develop & implement your own personal brand expression with our foundational circle business training.
- Draw from a rich collection of practical, effective and creative circle activities including a 5-week circle program which is especially designed for mothers.
- Enjoy new & additional circle resources to help mothers go deeper into healing, become more connected mothers, and be more fully expressed and abundant women who impact the world in positive ways (extra pre-done circle programs being released 2021).
- The opportunity to promote your circles on the Intuitive Motherhood website, and be connected with a brand that has a mission to hold one million mamas' hearts in circle by 2030.

# About The Founder – Maria Golding

Welcome, I'm Maria Golding, Founder of The School of Intuitive Motherhood & head trainer in the Sacred Mama Circles Facilitator Certification.

It all started back in 1985 as a young missionary nurse in the regional jungles of Bougainville, I was honoured to participate in my first natural birth and was privileged to sit in circle & become part of the village of the new mothers' lives. It was my first taste of really connecting with motherhood on a soul-deep level, and I knew I'd found my calling.

On returning to Australia, I continued to advance my career. In the three decades since then, I've worked as a midwife, paediatric and child & adolescent mental health nurse, individual & group therapy facilitator, parenting program teacher, health practitioner in secondary schools and infant-parent practitioner in private practice, and have been privileged to work at some of Australia's finest hospitals and healthcare facilities.

*All the while I realised I was craving more....*

As well as all the incredible psychological & parenting techniques that I'd been practising and teaching, I also felt strongly called to dive deeper. Like, soul deep.

I'd begun devouring spiritual texts, exploring an abundance of different healing modalities, and throwing myself heart-first into body-centred experiential learning.

I ventured to India three times to learn meditation and spiritual practices, and ditched finishing my Masters in Mental Health in favour of immersing myself in many hours of somatic science, emotional healing and embodiment training. I fell in love with the Nia Technique and the benefits of conscious movement & dance, Expressive Therapies, The Journey Method, Ayurveda, meditation...

..as well as cutting-edge mind-body sciences such as neuroscience, inter-personal neurobiology, & attachment, positive psychology & mindfulness ...

And it was all confirming what I had long believed to be true...

*That motherhood is a 'rite of passage', a significant change a woman goes through from maiden to wise mama.*

*That this transition deserves sacred time and space-holding for her to shed her 'old self' and embody her new ways & wisdom.*

*That there is no better way, no more sacred way than to bring her into circle- one of love, sharing, empowerment and support.*

*That she belongs – to a modern village of sisterhood.*

That the ancient wisdom of those mothers and grandmothers that came before us is just as important as listening to the white-coated professionals. That tuning in to our body, heart and spirit can help strengthen the bond between mother and child, and between women. And that the world needs mothers who are self-aware and feel deeply connected to each other

With a natural intuitive 'knowing' I had been mothering my own children in alignment with sacred principles as much as I could, (still making a bunch of mistakes along the way, of course!) and yet I felt so alone. At first I hadn't found my like-minded tribe and it was so painful to be connecting superficially and not feeling like I could be my true self. Finally I developed friendships with two other women, and together we attended and then created our own circles of sharing. My confidence grew and as I realised how effective and nurturing they could be for each mama. Not only that but also how *fun & creative & deeply-connecting* they could be for ME. The positive impact on my sons, my husband and others around us was palpable.

I wanted to start bringing this sacred, tribal & embodied side of my work TOGETHER with the science-based techniques I'd come to respect and love...

## **THAT'S WHY I STARTED INTUITIVE MOTHERHOOD.**

Since 2011 I've devoted all my creative energies into bringing this work to heart-centred mothers from across Australia and the globe.

**The Sacred Mama Circles Facilitation Certification is a result of my personal & professional practice & experiences . A unique blend of the scientific, spiritual & embodiment theory and application along with cutting-edge motherhood, personal growth and feminine leadership knowledge, offered to you to support your own circle facilitation mastery & growth. It's such a privilege to offer this experiential training to mothers who want to take a leadership role in the community.**



# *Has your soul led you here? Are you being called too?*

In these pressing times mothers need more support than ever before, and often feel judged, isolated and alone.

The changes can foster feelings of anxiety and comparisonitis, isolation, perfectionism, and a deep-seated fear that they're not 'good-enough'

If they only had the knowledge of Matrescence, how 'normal' these feelings and experiences are. If they only knew that they weren't alone ... that mothers all over the globe are experiencing it too.

If only they had the tools to deal with the stress in their minds, the changes in their body, the erratic moods and loss of control, and the dark nights of the soul.

If only they could trust the process of this feminine awakening. To find comfort. To know how to surrender to the flow. To utilize the growth opportunities that are unleashed through motherhood.

Deep in their hearts they know the changes they want for their children starts with THEM. They want to BE the change. They want to get off the 'wounded masculine' highway of pushing, striving and 'everyone for themselves', to a more balanced approach. They want to be in flow with the earth, their bodies, their children, each other, and to feel supported in abundance. They deeply desire to raise aware, compassionate, confident children- who can look forward to a world that is rich in opportunity and love.

These mothers are the leaders of our future leaders. They do the most important job on earth. Like no other time in history they urgently need the return of the sacred mama circles of love, support, knowledge, sisterhood. They need YOU.

They can't do it without you. It takes a village to raise a child. And the mamas need the circle-holders. They need to have a sacred space where they can be themselves without pretense. A place where they can return home to their deep truths, and embrace their unique expression, feel their wholeness.

So they can feel unashamedly seen, loved, understood and accepted.

Are YOU one of the mama space-holders we've been waiting for? Maybe you are new to this, maybe you're experienced.... What is needed is what's in your heart ... a passion to make a difference and be part of the legacy of change for our children.

I have a vision of Sacred Mama Circles all over the globe. I believe it's the fastest way to make the changes we need for our children's children, and to have a world that we are proud of.





As a trainee facilitator you'll be supported with leading edge science and practical wisdom of what a mama needs to feel empowered. Our world needs as as many of you as possible 'on the ground' running circles, getting the love, knowledge and support out there.

As a movement we envision 100,000 Sacred Mama Circles by 2030 – igniting 1 million mama hearts, and touching even more children from its flow-on effect.

It takes courage to lead a circle. Yet it's the biggest gift you can give yourself. You can bring your imperfectly perfect self and model this to others. You give permission. It's a beautiful way to develop closeness (into-me-see) and transform hidden and suppressed parts of yourself into understanding, self-compassion and a newfound zest for life!

It's a great way to find meaning in motherhood, and to develop lasting friendships with beautiful mamas -just like you.

It's the fastest track I know of to have the sistership we've been waiting for.

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**IF YOUR HEART IS SAYING YESSSSS BOOK A CALL WITH OUR TEAM**  
**(direct message Maria through Facebook or email [maria@mariagolding.com](mailto:maria@mariagolding.com))**

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## MARIA'S PROFESSIONAL QUALIFICATIONS:

- IICT Registered Training Provider (Intuitive Motherhood)
- Masters of Mental Health (partial) - Group Therapy
- Grad Cert Health Studies (child and adolescent health)
- Grad Certificate Expressive Therapies
- Registered Midwife (previous) & Certificate in Lactation
- Registered Nurse (mental & emotional health)
- Nia Black Belt Teacher (Embodiment training from 2007-present)
- Professional Parenting Training (Triple P & Circle of Security)
- Cert Intuitive Healing
- Reiki 1 & Reiki II
- Countless other trainings not listed above (life-long learner!)
- Satsang and meditation training with spiritual masters (many, many hours)
- Presented at conferences & trainings with Qld Health & Mater, and MummyCon





# Training Overview

Over 6 months students will explore 9 core modules. These modules create a powerful foundation of personal confidence & profession capacity to facilitate your chosen style of circle, and to support each mama (and the group) in their self-awareness & greater empowerment.

**Module 1: Sacred rite of passage – transitions in motherhood**

**Module 2: Sacred mama – understanding your mama avatar**

**Module 3: Your first 'practice' Sacred Circle- preparing and gathering the women**

**Module 4: Setting the Sacred Space & Tone- stepping in**

**Module 5: Sacred Focus & Expression– your topic and circle sharing**

**Module 6: Holding Space – with acceptance and compassion**

**Module 7: Managing difficult situations, and creating growth opportunities**

**Module 8: Bringing it home with conscious completion & real change**

**Module 9: The Sacred Business of running circles**

In each module we cover 3 dimensions of learning -  
Learning Concepts, Facilitation Practice and Embodied Skills



## Learning Concepts

In LEARNING CONCEPTS you'll acquire the relevant spiritual & scientific theory of the modality so that you can feel knowledgeable, confident & resourced. This dimension includes:

- Self-paced audio lessons
- Comprehensive Training information
- Live Circles (with training concepts embedded)
- Real-Time Support Sessions

## Facilitation Practice

In FACILITATION PRACTICE you'll learn the framework for working effectively with your mama clients. Whether you're a virgin circle-holder or experienced there'll be plenty of skills to 'practice'. Plus you'll be able to craft your own unique style offering for your potential clients. This dimension includes:

- Comprehensive Training Information including implementation handouts, tools & Playsheets
- Live Circles (with circle implementation experience)
- Opportunity for Circle Practice Sessions

## Embodied Skills

This dimension rises this qualification above others as you get to 'be the change'. You get to up-level yourself at the same time as becoming masterful in sacred mama circle facilitation, being able to hold attuned resonance, and **guide your mama clients for powerful results**. It's practical, strategic, and at the same time allows for your own wow factor. It is designed for you to feel successful and leading-edge as a feminine leader.

This dimension includes:

- Guided awareness, feminine practices & practical tips on embodying the teachings.
- Self inquiry reflections & playsheets
- Higher energy resonance, feedback & support through our community interactions.
- Intuitive guidance + insights by Maria (in our FB group, during circles and live sessions, and live events)

THE

9

*Core Modules*



# *Sacred rite of passage*

## TRANSITIONS IN MOTHERHOOD

### ***Learning Concepts***

- Your circle vision. Unlocking your WHY so you are touched, moved and inspired to share circles, and future clients are magnetized towards you.
- The transition from Maiden to Mother (Matrescence)- all levels of change
- Reframing this transition as a powerful portal for personal growth
- What a sacred circle is and how this 'container' can be transformative for a mother
- The nature of the 4 aspects of ourselves – Body, mind, emotions, soul

### ***Facilitation Practice***

- Personal reflections & conversations with other mamas about the 'Learnings' above.
- Use playsheets provided

### ***Embodied Skills***

- Understand Matrescence for yourself and other mamas
- Be able to share your Matrescence experience with another
- Be able to share about the nature of the 4 aspects of ourselves, and the power of sacred circles for mothers (and generations to come)



# Sacred mama

## UNDERSTANDING YOUR MAMA AVATAR

### ***Learning Concepts***

- Understanding the masculine and feminine energies, and how we need both
- The wounded feminine and learning to trust women again
- Taboo subjects that many mothers experience (and often don't talk about)
- Developing the art of real, deep story-telling to enhance your circle activities
- Understand your ideal mama avatar (IMA). Feel her pain, map out her desires
- Interviewing real 'ideal' mamas and how this activates beautiful connections and builds your confidence

### ***Facilitation Practice***

- Visualization audio to understand your mama avatar
- Research, ask the right questions to potential clients
- Use playsheets provided

### ***Embodied Skills***

- Be deeply familiar with your IMA (ideal mama avatar)
- Feel the 'sweet spot' where your empathy for her meets your biz offering
- Interviewing skills the advanced feminine way

# 3 Your first 'practice' Sacred Circle

## PREPARING AND GATHERING THE WOMEN

### **Learning Concepts**

- Planning your test circle (and future circles). The logistics, + what to do so women are engaged + excited
- Online platforms you can use to attract new clients + take payment
- Getting your message across effectively (+ use our pre-done marketing copy & banner images for your Facebook circle event)
- How to turn fear and doubt into courage and confidence
- Transform the top 8 subconscious beliefs that block you, and grow your own value & self-worth as a feminine leader
- 'Call in your mama circle' invocation audio to magnetize like-minded women together

### **Facilitation Practice**

- Practice connecting with and converting potential clients who are online
- Uncover the top 8 subconscious beliefs that block you, & learn to release them, and move forward towards your dreams
- Visualization meditation to invoke your mamas (call them in) & to ignite your heart to lead with your WHY

### **Embodied Skills**

- Efficiency in utilizing online platforms to grow your reach and bring in new clients
- A growing confidence in trusting the feminine 'unknown' & inviting others to join their first circle with you
- Wiring your brain & body to be in resonance with your future circle of mamas



# Setting the Sacred Space & Tone

## STEPPING IN

### **Learning Concepts**

- The framework – 4 aspects of a transformative circle experience
- Your circle set-up- simplicity & safety, inspiration & beauty, sacred objects
- Step-in practices (Reflections, Mindfulness, Embodiment, Meditations, Movement, Yoga breath, Music etc)
- Intros, intentions, shared agreements (use our Sacred mama circle agreements)
- Holding Space using the art of whole-body listening & feminine presence.
- The importance of Feminine Embodiment – using neuroscience and energetics to get out of your head and into your hara, heart & intuition

### **Facilitation Practice**

- Practice setting up and creating a sacred space (use pre-circle checklist)
- Decide on intention and drop-in practice you'll begin with
- Do a practice-run with another (co-trainee, friend, teddies!)
- Practice the art of listening using the 6 key components
- Develop your personal embodiment of feminine power centres (we'll practice in our live events)

### **Embodied Skills**

- You'll love your heightened feminine energy- affecting other areas of you life!
- You'll feel comfortable with your drop-in practice of choice (and learn from others on our group call!)
- Experience deeper connection with yourself & others as you embody the art of listening and feminine presence



# Sacred Focus & Expression

## YOUR TOPIC AND CIRCLE SHARING

### **Learning Concepts**

- Designing your circle. Mapping it with your sacred mama circle template provided
- Choosing a relevant topic (see menu of topics, and done-for-you 5 session circles program)
- Introducing a topic, scenario, story, teaching, reflective questions. Inviting a guest to co-facilitate a topic.
- Circle sharing variations (individual , paired, small group, open group, puja-style, creative)
- The 4 steps of non-violent communication (NVC), and how this can be a circle activity.

### **Facilitation Practice**

- Choose & develop your circle experience (to suit your mamas and your desired outcome)
- Practice with another/s, get feedback and tweak towards confidence
- Use play-sheets & specially-designed circle programs provided (a large range of circle activities for a mother's healing, growth and abundance)
- Grow your skills in providing meaningful circle sharing that enhances holistic and transformative experiences for the mothers
- Use the framework of Matrescence to normalize & invite alignment with the emerging identity of wise mother.
- Use bonus meditations to get yourself in the mindset for this powerful work

### **Embodied Skills**

- You'll Become increasingly familiar with what 'lights your mamas up', grows the circle connections, and has your mamas leaning in & expressing their authentic selves.
- Embody a growing ability to use our Sacred Mama Circles programs & tweak existing ideas to create safe & meaningful circle activities and programs to express your own uniqueness and meet the situational needs of the circle.
- A feeling of Confidence & Competence as a Feminine Leader -to hold a growing number of circles with much less preparation and time required.

# Holding Space

WITH ACCEPTANCE AND COMPASSION

## Learning Concepts

- Help a mother decode and understand her stress with the simple 'brain states' road map– and the importance of her mental health.
- Understanding vulnerability & how to reframe it as a pathway to deeper connection. How to develop courage within the circle.
- The 4 attributes to empathy and how to use this as the antidote to a mothers shame as a 'space-holder' and circle facilitator.
- Protecting your own energy, managing your own triggers and implementing self-care using a comprehensive suite of feminine practices
- A checklist & playsheet of self-care rituals for leaders

## Facilitation Practice

- Use Brain States playsheet to track your stress response and Feminine Practices Planner to upgrade your emotional wellbeing. The mamas love using these as circle activities!
- Use the Vulnerability playsheet to explore what vulnerability is and what it means to you. Use courage and vulnerability activities in your circles (everyone gets their own courage song!)
- Apply the 4 attributes of empathy to the way you 'hold-space' when the mamas share vulnerability in your circles.
- Practice eliciting safety and connection- your tone of voice, mindfulness, presence, eye-contact, attitude, supportive energy/ vibration.
- Practice co-regulation – be-with another in their emotional place, and help guide them back to calm

## Embodied Skills

- You're able to facilitate your circles in a way that's safe, boundaried, and builds trust and connection.
- You're consciously sensing the mind & heart field of safety & connection
- You can identify brain states and are becoming skilled at responding to changing moods and behaviours
- You're consistently practicing the art of whole-body listening , empathy and deep connection (+ this also gives them an 'experience' to use with their child)
- You'll be holding a vision of the highest potential for each mama and the group, whilst meeting them where they are at.
- You'll deeply understand how to hold-space with empathy, alleviating a mothers suffering of shame.
- Have your own self-care rituals embodied as daily and weekly practices.





# Managing difficult situations

## AND CREATING GROWTH OPPORTUNITIES

### **Learning Concepts**

- How to contain the circle and manage sticky situations. Learn about the 3 types of trauma and use a trauma-informed approach (incl. what NOT to do)
- The 7 Steps on How to Relate to Someone with a Trauma Issue (likely you will have some mothers with a trauma background).
- The Art of Self-Compassion, it's 3 key components and how to practice it (from world-leading researcher)
- Healing The Sister Wound - the 5 step practice of repairing a disruption in a relationship (+ managing any misunderstandings that happen with the women in your community).

### **Facilitation Practice**

- Practice a trauma-informed approach and understand how to respond to a women in distress (using our suite of best-practice strategies).
- Practice 'protective interrupting' when the conversation is becoming inappropriate.
- Practice 'naming and taming' your own triggers (so you can embody this advanced skill)
- Managing so-called mistakes in yourself. Demonstrating self-compassion & turning it into a growth opportunity
- Practice the steps that lead to self-compassion and build your resilience as a feminine leader
- Use the Rupture and Repair process to heal wounded relationships and as a circle activity.

### **Embodied Skills**

- The art of boundaries with a 'yes' resonance
- Respond & take action to redirect the circle, if needed
- Be competent to manage difficult situations within the circle
- Be growing in your own self-love and acceptance
- 'Be the change' as a compassionate Feminine Leader



# Bringing it home

WITH CONSCIOUS COMPLETION & REAL CHANGE

## **Learning Concepts**

- Understanding the importance of Integration and Conscious completion for transformation.
- Learn creative ways for the mamas to 'integrate' and 'make meaning' of their circle experience with tools to take into their everyday lives for real change.
- Learn how to land the 'change experience' in the body & brain so the mamas feel 'better, closer, wiser, lighter'.
- Meaningful ways to 'Close the circle' to tie everything beautifully together.
- What to do during the last circle of your program so women continue with your next circle program

## **Facilitation Practice**

- Be familiar with integration & completion activities and resources included (you'll be so inspired with the sacredness and creativity)
- Be developing the art of 'listening for meaning' within the sharing experience
- Be open, and respond creatively to your circles' needs (which may mean you switch up your 'close the circle' activity depending on how it's flowing)

## **Embodied Skills**

- You'll leave the room with a sense of where the mamas are at (and what they might be needed for next time). You'll know who needs an extra 'check in'.
- You'll honor each woman's process and acknowledge their growth, so they are able to move forward powerfully in their life.
- You'll create ongoing value and engagement to have women raving about their circle experience with you so much that they are excited to keep attending and refer others.



# The Sacred Business

## OF RUNNING CIRCLES

### **Learning Concepts**

- Getting clarity on your role as an Entrepreneur using Sacred Mama Circles Method as an income stream. Practical how-to advice from my own brilliant business coach, Victoria Gibson.
- Learn how to create the 'know, like and trust factor' to attract the right mamas who share your vision & want to pay you.
- Learn how to deliver powerful discovery sessions with prospective clients -to fill your circle programs
- Online platforms to get started. What you need now and what can wait.
- Your personal brand & brand communication
- Want to mix it up and deliver online circles as well? Here's what you'll need
- Abundance Mindset for the success of your Sacred Business

### **Your Online Presence**

- Use the downloadable Sacred Business Playbook & Guides
- Continue to deeply understand your IMA (Ideal Mama Avatar), ask questions, and learn to align your offerings with their pain points and aspirations.
- Get set up with your online platforms (if you haven't already). Map out your profit plan
- Use Sacred Mama Circles vision & collaborative opportunities to grow your business with less effort
- Keep your vibe high and vision sharp with your bonus Sacred Business Mindset Mantras audio

### **Embodied Skills**

- Knowledge to activate your learnings and confidence to continue to test, tweak and deliver high quality circles programs and events.
- Embody a feeling of abundance about your business, and a buzz of excitement in your conversations about it. Experience your circles vision coming to life!
- Ask Maria any other questions you have!



# Your Sacred Mama Circles Facilitator Certification Process

Once you have completed the training modules and facilitated or co-facilitated 3 or more circles (this can include your own practice circles and a mini-circle in our Intuitive Mamas FB group) you will be awarded a certificate of completion and be eligible to apply for listing on the Intuitive Motherhood website.

You will also have access to additional resources including digital badges to use on your socials. If you would like we'll also showcase your success online.



## What's Next?

Many of the women who come into the training form close bonds of sisterly love, and want to stay in connection with each other.

It's a really special community we are co-creating together!

After completion of the 6 months you'll have the option to continue your journey with us in the Sacred Mama Circles Movement.

Have more, go deeper, rise higher!

## Transformational Events

Before, during or after the training you'll have the opportunity to join Maria's **Sacred Wealth & Impact CIRCLE** with amazing women leaders in her circle of influence.

She has been soul-led to partner with a new paradigm project which has a purpose to bring financial freedom to families for as little as \$300 usd investment. No referrals needed.

*"We help heal the world through our circles and our love, and by mothers being financially free to make heart-centred choices for themselves and their families"* Maria Golding

### LIVE EVENTS & RETREATS

Maria runs in-person retreats which are optional to attend, and are an additional investment. At this stage they are in Australia, and may be held in other countries in the future.

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### **SPEAK TO MARIA FOR MORE INFORMATION**

***Direct message through Facebook or email [maria@mariagolding.com](mailto:maria@mariagolding.com)***

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#### **\* Subject to Change**

Maria Golding and the School of Intuitive Motherhood may, and at its sole discretion, modify the Course Curriculum and/or Course Schedule, with or without notice, in order to correct any errors and/or provide you with new and up to date Course Content. By continuing to participate in the Course, you are agreeing to any changes implemented. We will provide you with notice by email of any significant changes which may impact your choice to continue with this Course, at which time it is your responsibility to contact Maria Golding and the School of Intuitive Motherhood with any concerns or to cancel your enrolment and/or continued participation in this Course.

# THE 3-NIGHT RETREAT TRAINING



*A Powerful experience to embody mama sacred circles, receive it's healing medicine for yourself & ignite your leadership and abundant potential.*

- Expect opportunities to practice 'holding space' and 'leading circle', developing your personal potential.
- Expect activities to help you drop into your body wisdom & heart knowing, balancing your feminine and masculine energies.
- Expect to be taken to your edge, to grow & transform YOUR way, your timing.
- Expect to have the opportunity to learn, ask questions and have the professional support of Maria Golding.
- Expect embodiment and transformative activities, including meditation and conscious movement – such as Nia.
- Expect time to swim in the ocean, eat delicious vegetarian meals together, have time alone and even check out the up-market funky shops (clothes, books, gourmet cafes), or book a massage!
- Expect to be part of a sacred, magical, heart-opening, earth-connecting, sisterly fun & deeply fulfilling time. I'm so excited. Are you? X

Please note: Everything is invitational, and your self-care is always the priority! (Accommodation and some meals not included. Find out further details when speaking with Maria).